Food Shopper

By
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Making corned beef from scratch is very rewarding. It also gives you something to do with that old crock that's been sitting around since who knows when.

Homemade Corned Beef
5-pound beef brisket
1½ cups coarse salt
½ oz. saltpeter
1 tablespoon brown sugar
9 bay leaves, crumbled, divided

12 servings

2 tablespoons pickling spices
8 cloves, garlic, divided
1 onion, sliced
½ cup vinegar

Combine 4 qts. of water, salt, saltpeter, brown sugar, 6 bay leaves, and pickling spices. Boil 5 minutes, then cool. Place beef in large glass or stoneware crock. Add boiled mixture and 6 cloves garlic, slivered. Add extra water if needed to cover meat completely. Place heavy plate over meat and add weight to keep meat submerged. Tie a piece of muslin over top of crock. Muslin should be taunt and tightly tied. Cover crock, leaving a gap to allow some air circulation. Let crock stand in cool place 2 weeks. At end of 2 weeks, rinse meat well and place in dutch oven. Add fresh water to 1 inch above meat. Add 3 bay leaves, 2 cloves chopped garlic, onion, and vinegar. Bring to a boil, reduce heat, and simmer until meat is tender, 2½ to 3 hours. Allow meat to stand, covered, 30 minutes. Drain well. Trim off fat and thinly slice meat.

If your time is short, then you might like to try a New England Boiled Dinner. Here's the recipe.

NEW ENGLAND BOILED DINNER
4-pound brisket corned boneless
16 small beets
8 medium potatoes
8 medium carrots

8 servings

1 large turnip
1 medium head cabbage
Salt — pepper to taste
Butter or margarine

Place meat in large heavy kettle. Cover with water and bring to a boil. Skim off foam and scum as it rises to surface. Reduce heat and simmer, covered, about 3 hours, or until tender. Add additional water during cooking if necessary. Scrub beets, remove all but 1 inch of stem, place in boiling water to cover, and cook until tender, about 30 minutes for small, young beets. Drain, cool, slip off skins, and return to pot. Season as desired with salt, pepper, and enough butter to reheat before serving. Peel potatoes, carrots, and turnips. Cut turnip into large pieces, have potatoes, and carrots if desired. Add to corned beef 30 to 35 minutes before meat is done. Remove outer leaves from cabbage, quarter, remove core, and add to corned beef at the same time as the other vegetables. Carve meat and place in center of large platter. Surround with cooked vegetables and serve with prepared horseradish and mustard pickles.

Many processed meats such as corned beef are cured in a salty solution which leaves behind a generous reminder of its presence. Either rinse the meat well in cold water several times before cooking, or warn your guests before they add the blizzard of salt, as they so often do.

The Irish knew the tasty beef cuts. They also knew that they could depend on beef to be "stick to your ribs" kind of eating.

Vermillion Area Discovery Announced By Transco

Houston, Texas (February 28, 1978)—Transco Exploration Company, as operator for an eight-company group, today announced a gas discovery on Vermillion block 58, offshore Louisiana.

The discovery was drilled to a total depth of 13,500 feet before being tested in two zones. The lower zone flowed 5.5 million cubic feet of gas per day and 16 barrels of condensate per day from perforations from 9,036 feet to 9,070 feet. The upper zone flowed 5.75 MMcfd and a small amount of condensate from perforations from 7,983 feet to 8,004 feet.

Additional drilling on the block will be necessary to fully evaluate the extent of the discovery.

Vermillion block 58 was acquired for $14.1 million in the federal lessase sale held in June 1977. It is located about 67 miles southwest of Lafayette, Louisiana, and about 22 miles offshore in water about 30 feet deep.

The 5,000-acre lease is owned by Transco Exploration Company, 20 percent; Superior Oil Company, 20 percent; Freeport Oil COmpany, 20 percent; The Louisiana Land and Exploration Company, 15 percent; Pioneer Production Corporation, a wholly owned subsidiary of Pioneer Corporation, 6,67 percent; Energy Development Corporation, a wholly owned subsidiary of Public Service Electric and Gas Co., 6.67 percent; The Continental Group, Inc. 6.66 percent, and McMoRan Exploration Co., 5 percent. By prior agreement between McMoRan and Apache Corporation, Apache is entitled to an assignment from McMoRan of a 2.5 percent interest in Vermillion block 58.

ACHS STUDENT EXPLORES HEALTH CAREERS

The Central Virginia Health Careers Council recently sponsored a project designed to recognize area high school juniors and seniors interested in health careers. Teresa Gay Lively, a junior at Appomattox County High School, represented her school in this special program on career exploration.

Teresa, a daughter of Mr. and Mrs. Frank Lively of Concord, Va., spent a day in the usual work setting of Dr. John H. Danby of the Lynchburg Family Practice Residency Program. This "on the spot" career exploration provided Teresa a greater insight into various aspects of the field of medicine. Following this activity, she was recognized at a luncheon on March 21, at which time she was presented a certificate of participation. Mrs. Joyce Jamerson, junior class counselor, accompanied Teresa to the Student Recognition Project luncheon.

This activity in career exploraiton was coordinated by the ACHS Guidance Department and serves as one of the many ways of providing career guidance to Appomattox County students.

ACHS SOPHOMORES ATTEND CAREER FAIR

The Sophomore Class of Appomattox County High School attended the Career Fair at Central Virginia Community College on Tues., March 21. The Career Fair is an annual event designed for all area high school sophomores for the purpose of acquainting them with career opportunities and assisting them with career opportunities and assisting with educational and occupational planning. It was sponsored by CVCC in cooperation with the Greater Lynchburg Chamber of Commerce, Lynchburg Area Personnel and Guidance Association, Personnel Association of Central Virginia, Central Virginia Industries, and the school systems of Lynchburg City, and the counties of Amherst, Appomattox, Bedford and Campbell.

While participating in the Career Fair, each student selected three career area sessions to attend. The sessions were modeled after the 15 career clusters as defined by the U. S. Office of Education. Each career cluster area provided valuable information on various aspects of careers available in each area. Students were also given the opportunity to ask questions during each session.

The Career Fair serves as one of the many ways that Appomattox County students receive career information and guidance. The Guidance Department of ACHS planned and coordinated this activity for the Sophomore Class.

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THIS SPACE CONTRIBUTED BY THE PUBLISHER

One of the calamities you can do something about tornadoes, hurricanes, earthquakes, forest fires. Its simple . . . be extra careful with fire of any kind!

NURSERY SCHOOL STUDENTS VISIT DENTIST

Students from Martin's Nursery School visited the dentist's office Wednesday, March 22nd. Ms. LaVerne Hamlett of Dr. S. R. Lawson and Dr. John Fedison's office gave a tour and talk to the young group.

These three and four year olds were most impressed as the visit was the first for some of them. The students were shown the proper way to brush their teeth and each child was presented with a toothbrush at the end of the tour.

Shown in photo above, standing in back, are Mrs. Dot Davidson, Ms. LaVerne Hamlett, Jimmy Dorety and Keven Stafford; and on front row, left to right, Shavonne Carr, Steve Stratton, Ben Martin, Matthew Dell, Tony Harvey, and J. P. Wilson.

To get some ideas on cooking creatively you can write for a free 16-page recipe booklet prepared by the California Brandy Advisory Board. Allow three weeks for delivery after writing to: Brandy Cookery, P.O. Box 1130, Modesto, California 95353.

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